

STROVE FOR BEAUTY BY SYSTEM; PHYSICAL PERFECTION



Miss Mae Josephine Bennett

San Francisco, Cal., July 14.—While other girls munched sweets, she ate fruits and avoided candies.

While they lounged, she devoted herself to athletics.

Today Mae Josephine Bennett of this city is holder of the recently

awarded third prize in a national physical perfection and beauty contest.

Miss Bennett was a clerk in a Market street store here when her striking brunette charm first began attracting attention. She then won a local beauty contest over hundreds of entrants.

Having always been interested in athletics, Miss Bennett devoted herself to swimming while in Hawaii. Since then she has made water sports her pastime. To this she had added half an hour of calisthenics morning and night, and has very carefully observed dietetic requirements.

She is of French, Spanish and Irish lineage, and her figure has been pronounced practically perfect by a jury of medical experts and artists.

PEA AND EGG CROQUETTES

To 2 cups of cooked peas add 3 hard-cooked eggs. Dice eggs and lay carefully over the peas, but do not stir or the mixture will not look inviting. Set in cool place. Beat 2 tablespoons of flour with 1 heaping tablespoon of butter until smooth. Add 1 cup of cold milk and stir until free from lumps and put over slow fire in double boiler and cook very slowly for 10 minutes. Stir all the time. Salt to taste, then set aside to cool and when nearly cold add 1 well-beaten egg and fold in the peas and egg and turn out on pan to get cold and stiff. Mold into shape and roll in fine crumbs. Set in cold place for 3 hours and when ready to fry dip in beaten egg, then in fine crumbs and fry at once in deep hot fat. Drain and serve piping hot.

Canned peas may be used. Open can, drain and allow to stand in air at least 2 hours before adding to eggs.

TODAY'S TYPHOID TABLOID

In oysters inoculated with typhoid the germs have been proved to live 48 hours and they may live 30 days. They live longer in the oyster than in the water in which the oyster grows.